

YOU'VE GOT THIS

By

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FORWARD

It has been a tough year, things have crumbled, the world has changed and everything you did to keep yourself balanced, no longer works as well as it used too. But it is okay because you are one bad ass divine miracle, and you will walk through the storm to the other side. And while nothing will be the same again, this does not mean you will not find happiness, peace, and joy in this new world. You have got this, and we will walk beside you every step of the way, to help you find the place you were always meant to be.

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IT'S GOING TO GET MESSY!

Let us not pretend you are going to wake up one morning and suddenly all the sh*t you have had in your life over the last year is going to simply disappear. We are not walking around with magic wands and there are no fairy Godmothers. We are talking about a lot of hard work and commitment.

You can bail right now if you want – no-one is going to stop you. But we want you to take the time to think about what you deserve and the life you could have. We want you think about what could be - not what is right now.

We promise you if you keep reading its going to get messy, things are going to fall apart, things are going to be cut loose and you are probably going to want to yell “I can’t do this!” However, if you keep going, we promise at the end “I can’t do this will change into “I have got this!”

Your life is full of emotions, there may be regrets, mistakes and things which for one reason or another did not turn out quite as you expected. There may be hurt feelings, yours, and other peoples. There may be burnt bridges, addictions, or loss. Life is messy and when you dig a little deeper or bring things to the surface – it is going to get a whole lot messier.

We know before a wound can properly heal sometimes you have to open it up again. We know

sometimes you must learn who you are all over again. This walk we are about to do may be the hardest of your life but if you hang in there it could be the one which leads you out of the fog and into the light.

Are you ready to do the work? Are you at the point where you are willing to let go of what was not working and try something which could bring you the happiness you have been looking for?

We are ready to fight for you, we believe you are worth fighting for. This moment right now is where things change, and new beginnings happen.

STOP THE BULLSHIT

Stop telling yourself a story where the blame lies with someone or something else. No matter what has happened and no matter what someone else has done or not done. No matter what the Universe has thrown at you. Today we stop the bullshit.

Today you face your life and acknowledge the reality of it. Cry if you must, get angry if you must, fall to pieces if you must. But in this moment right now stop the bullshit.

You may have lifted the carpet and swept things under there you did not want to deal with. You may have shoved family secrets into a closet. You may have filled your life up with crap, so you didn't have to feel. But in this moment right now stop the bullshit.

It is about to get messy because all the stuff you have been avoiding is about to come out. It is about to get messy because you are about to bring down the wall. It is about to get messy because the lid is coming off and shit is about to get real.

You must get real if this is to work – all those things you have not been honest to yourself about need to come out now.

Go find a mirror, look yourself in the eyes and feel the walls come down. What in this moment comes up for you? What hurts the most? What is the story you

have been telling yourself and what does it hide? This is not about shame or guilt or blame. What is – is. But anything created from a lie is an illusion and will eventually shatter over time. Stop the bullshit. What is raw truth of your life right now? The ugly raw truth of your situation, your emotions, your life.

Releasing the truth, releases the hold things may have had on you. Being honest with yourself, saying it out loud, cuts the ties which keep you repeating unhealthy patterns in your life.

We need the pieces to fall onto the ground because not all of them will be needed when you build your new life.

LET'S DO IT DIFFERENTLY

Be honest you would not be reading this E-book if what you were doing was working. You have probably pulled out everything in your toolbox and been left even more frustrated. We don't deal in magic beans but we can help you look at things differently, give you a new set of eyes and just maybe the push you need to get moving towards the things you want.

Let us do it differently. It is time to openly admit you do not have your shit together or you do not have a clue what to do next or you have tried but it is not working. Now we work with a clean slate, where old beliefs are thrown out the window with old ways of doing things. If you have any expectations as to what this will or should look like throw them out the window as well. Let us declutter your mind, heart, and soul.

Start with acknowledging you want to create change, want to move forward, want to live a happy and fulfilled life. Then say out loud "I deserve this" and "I give myself permission to have these things." Say it to yourself every morning you wake up so it sticks in your subconscious and cannot be shaken. "I deserve this, and I am willing to do the work to have it."

ENERGY UNDERSTAND IT

Everything is energy. What you say, do and think, all of it energy. The choices you make, the conversations you have, the things you think about yourself and your world all energy. It might sound all New Age, but it is not. You may be tempted to bail right now because you think we are going to slip into spiritual woo woo land, but we are not.

The bible is littered with verses telling us about the power of energy and we know every spiritual practice since the dawn of time speaks of it.

Science daily gives us this definition of energy: "In general, the word energy refers to a concept that can be paraphrased as "the potential for causing changes", and therefore one can say that energy is the cause of any change."

Therefore, if energy is the cause of any change, understanding where yours is going and how you are using it, is incredibly important. But you also need to understand things hold energy, our bodies hold energy, everything is energy.

Maybe you have the blanket your loved one took their last breath under – you are therefore holding onto the energy of death. Maybe you had an ex-boyfriend who was mean, but you still have them on your social media accounts – you are therefore holding onto the energy of abuse. Maybe you loss a job and every time

you go for another one you start thinking about why you got fired the last time or how you didn't cope – you are therefore holding onto the energy of defeat. These are just a few examples.

Did you know the cells of your body hold energy? They remember the energy of past events and trauma. It is why if you were abused your body shuts down when put in certain situations, it is going “Okay I remember this energy and to keep you safe let's shut down.”

Have you ever been around people who do nothing but talk in the negative and nothing seems to go right for them? What energy do you think they are putting out and do you think it is the type of energy which will bring positive lasting change into their life?

We need you to understand these fundamental concepts, as they are so important to this journey you find yourself on.

Your homework is to understand the energy of your life. Think about what you say to yourself and others. Think about what type of things and people you surround yourself with. What are you holding onto and why – this can be past and present. Write down the language you use, the thoughts you think, the words you constantly use. Start to get a mental picture of whether the energy is having a positive impact on your life or a negative impact.

WORDS HAVE ENERGY

Norman Vincent Peale wrote “Since happiness and effectiveness depend on the kind of thoughts we think, it is absolutely impossible to be happy if we are thinking unhappiness-producing thoughts....”

Ralph Trine wrote “Every thought you entertain is a force that goes out, and every thought comes back laden with its kind.”

They understood very clearly the energy of language. You may be thinking okay this is too simple to have any real affect on my life – and you would be wrong. Not everything needs to be complicated to be effective.

We encourage you to look at the words you are choosing to put out into the Universe.

“I will never catch a break.”

“I will never be happy again.”

“Why bother trying it won’t work anyway.”

“I will never find what I am looking for.”

“I will never get over my grief.”

The Universe responds to what you put out there. Your body responds to it as well and you can manifest physical symptoms simply by using words

which carry negative energy with them. Stress is not caused by happy thoughts.

What story are you telling yourself? What language are you using in this story? What words?

Try for one week to speak in a positive way about yourself and your life and see what happens. It will change how you feel, it will change how people respond to you and it will change your life.

Wake up and write down an affirmation for the day.

Let me move through life with lightness and beauty. Let me accept compliments and insults with humility and acceptance, and as a master I will be happy in all that I do.

Have a mantra you repeat to yourself during the day.

The joy of being alive and in good company flows through my being.

I have got this I can do it.

Language yourself in a way which affirms what you want not what you do not want. See yourself with new eyes which affirm your worth and value. While there are no magic wand words hold a power, which is often underestimated.

A self-fulfilling prophecy is when a person unknowingly causes a prediction to come true, due to the simple fact that he or she expects it to come true.

This is tied into energy and words. Let us say someone is starting a new job and begins the day with these words, “I hope the boss isn’t mean I just know I am likely to screw up.” They go to work and are five minutes late automatically making the boss angry. Then because they already believe it is going to not go well the stress causes them to make a mistake. At the end of the day they leave saying “I knew the boss was going to be mean – I hate this job.” This person has made his prediction come true.

Words have energy. You are creating your world every time you think or speak. You are manifesting. Given this fact do not you think you would want to be positive, affirming and encouraging with your words?

Perhaps you are grieving - saying “this grief will never go away”, is creating a self-fulfilling prophecy.

Perhaps you are financially in trouble – saying “I can’t see a way out of this”, is creating a self-fulfilling prophecy.

Perhaps you are stuck in a job you hate – saying “I am never going to leave here”, - creates a self-fulfilling prophecy.

Perhaps you want a romantic relationship – saying “No one could love someone like me”, creates a self-fulfilling prophecy.

Right now you have a choice to make, you can either keep thinking and saying things which bring you more of what you don't want or you can change the words to bring more of what you do want.

Changing how you language yourself is not difficult, it simply requires you to become aware of what you are saying and thinking. Then in the moment you can correct yourself – tell a different story.

LOSE THE WHAT IF'S

In moments of panic or fear people often do what is called 'catastrophizing' – they doubt their ability to cope with situations, over-estimate the potential for disaster. Yet in their minds what they are thinking to them appears logical and rational – even when it is not.

We all worry, and it is not always a bad thing. But when worry is negatively impacting our happiness, wellbeing, and the goals we have in our life, something needs to change.

Why do you do it?

Negative thinking can be a learned habit. If you grew up with a parent who constantly expected the worse from every situation, you might have just assumed this was the way to see the world.

Catastrophizing can also be connected to a difficult past. If something happened that made you feel the world is dangerous, then your brain can be programmed to keep looking for danger. It can be connected to Anxiety disorders.

The first step to dealing with catastrophizing is to recognize *when* you are doing it. The sooner you start tracking this, the quicker you will be able to start focusing on stopping it. It may be helpful to start recording your negative thoughts to yourself on a pad

of paper, journal, on your smartphone, or in an app. Write down what happened as objectively as possible, what you thought about the situation, and then what your reaction or behaviors were.

Over a week's time, you will begin to see a pattern emerge of when you are most likely to catastrophize, and some of the thoughts or situations that most likely lead to it. Now that you can see some of the direct cause and effects of your thoughts, you can begin the work on changing them. Every time you now want to catastrophize a situation, you should answer yourself back in your mind:

"Sheesh, I already made a mistake on this report — I'll never finish it, or if I do, it'll be so full of mistakes, it won't matter. I'm getting fired no matter what."

"No, that's not true. Everybody makes mistakes, I am only human. I will fix this mistake and just try and concentrate a little bit more to try and do better in the future. Nobody's going to fire me for a mistake or two in a report."

or...

"I can't believe I said that to my significant other! He's going to leave me for sure this time..."

"I can't believe I said that to my significant other! I'll apologize and know that because he's a flawed individual just like me, he'll understand, accept

my apology, and we'll learn something from this experience."

Stopping yourself from catastrophizing takes a lot of conscious effort on your part, patience, and time. But if you try these few steps and really start answering yourself back, these irrational thoughts that serve no positive purpose will soon lessen in frequency and strength. (**References** Carbonell, D.A. & Winston, S.A. (2016). *The Worry Trick: How Your Brain Tricks You into Expecting the Worst and What You Can Do About It*)

We talked about self-fulfilling prophecies before and what ifs are a perfect example of this. You put out into the Universe "this is what I expect to happen" and the Universe picks up your order and delivers it to you. Then you go down the "see I was right" road. Rarely if ever does anyone have a positive 'what if'.

ENERGY AND LETTING GO

You have heard the famous quote, where you are asked to have the courage to accept the things you cannot change. Worrying about things you cannot change is like putting gas in your car tank and driving around in circles – it is a waste of fuel. If you cannot change it let it go.

Energy is also attached to things and people. We will give you some scenarios.

Mary has been dumped by her boyfriend but still has him on her social media. She consistently checks what he is doing, and he is able to see everything she is doing. This energy is an anchor which keeps her firmly in the past and is all about hurt, negative self-worth and lies. Do you think this is an energy she should be holding onto or letting go?

Jane's sister has cut her off and no longer wants to be part of her life. But Jane continues to ring her begging to be let back into the family. She contacts other family members in an attempt find out what she did wrong. This has been going on for the last five years. This energy is anchor which keeps her firmly in the past and is all about toxic relationships, wounds which will not heal and a sorry which will never be heard. Do you think this energy is an energy she should be holding onto or letting go?

Sara's son died seven years ago tragically. She has not touched his room since and will not throw away anything connected to him. She has the shirt he died in which she sleeps with. This energy is an anchor which keeps her stuck unable to move on and it is all about death and grief and wounds which are continually reopened every time she walks past a photo or goes into his room. Do you think this is an energy she should be holding onto or letting go?

Richard has the same friends he grew up with, they do not want to leave their youth behind, partying and then blaming everyone else for the fact their lives have not turned out. This energy is an anchor which keeps Richard from his future, it is all about negativity, excuses, and toxic relationships. Do you think this is an energy he should be holding onto or letting go?

We want you to think on a deeper level about energy and how it is impacting your life.

Possessions have energy attached to them which is why holding onto things which belonged to your ex-husband who treated you badly is not a good idea.

Clutter in your home carries energy. According to Sherrie Bourg Carter, Psy.D., clutter makes it difficult for us to relax, creates feelings of guilt, and constantly signals that our work is never done. Holding onto things which do not fit are broken or will never be used again creates an energy which pulls us down and for some may create depression and anxiety.

Letting go of things which do not hold good memories or were part of life which was painful is also a good idea. You want to be surrounded by an energy which says, “I have got this I can do this” or “this is a place of peace and happiness.”

Letting go of people is harder but sometimes necessary. Other people’s energy can attach to you and create sadness, despair and all the things that person was feeling. Helping a friend struggling is awesome but surrounding yourself with people who are not in your corner cheering you on, who do not celebrate your success and encourage you – not so awesome. The people in your circle should have your back, push you to chase your dreams and not be jealous when you achieve them. They should be able to talk about the positive in their lives as well as the challenges. If your conversations are all about being a victim and never shifts, then maybe it’s time for some letting go.

We hope to get you thinking about energy in a different way and hopefully this will create a shift in your own energy.

HABITS – DO YOU KNOW WHAT YOURS ARE?

“Habits are routine behaviors done on a regular basis. They are recurrent and often unconscious patterns of behavior and are acquired through frequent repetition. Many of these are unconscious as we don’t even realize we are doing them.”

Let us explore some of the ones which are not helpful or healthy.

Negative self-talk: putting yourself down with the use of words.

People often do this when they make mistakes.

“Damn how stupid am I?”

They do it when they fail at something.

“I knew I would screw up the job interview.”

If you repeat something often enough to yourself it becomes a habit to say it whenever things do not go right and so forth. Negative self-talk is not a healthy energy to be putting out there either.

You may also be in the habit of describing your life situation in a negative way when asked about it.

“I don’t expect things will get any better.”

“People like me don’t catch breaks.”

Often these self-talk habits have arisen from being told by being told repeatedly by someone else unhealthy stories about who you are and what you are capable of.

There is a wide range of habits which may be affecting your ability to create the life you want.

There are those connected to your physical health:

Not eating properly

Staying up too late

Addiction habits

Not exercising

Pushing your body when you should be resting and so on.

There are those connected to your mental health:

Over working

Not dealing with emotions

Not asking for help and so on.

There are those connected to your spiritual health.

Holding onto grudges and resentment and so on.

It is important for you to create helpful and healthy habits. We will talk about goal setting later but for now we just want you to become aware of your habits. Always keep a pen and paper with you and when you catch yourself doing something repeatedly write it down.

Norman Vincent Peale wrote “People often manufacture their own unhappiness by the negative way they think about things. Work with your mind, exercise disciplinary control, and re-slant your thoughts for happy living.... Picture your mind completely empty then start filling it with thoughts about every good and pleasant thing. Practice this habit regularly twice a day, morning, evening to counteract the older negative habit of allowing unhappy thoughts to occupy your mind. In due course unhappy thoughts will not feel at home in your mind and happy thoughts will transform you.”

CHOICES CREATE FUTURES

We often get wrapped up in the big choices we have to make during our lifetime, what career path to take, what mate to choose, when to get married, have children, buy a house, but rarely do we pay attention to the small daily choices we make.

From the moment you wake to the moment you go to bed your day is filled with small choices which are not only creating your day but your future.

Here are some you may not have been paying attention too.

You choose:

- How you wake, what thoughts you put in your head before you even get out of bed.
- How you react to your partner, children, fellow co-workers
- What you eat during the day
- Whether you have a positive or negative mindset.
- Whether to be motivated or to fall back into bad habits

The list is endless but important because all these choices are reflecting what energy we are bringing into our lives and giving out to the Universe.

You can change a relationship by the choices you make. You can change someone else's life by the choices you make. You can change the world by the choices you make.

Slipping a note in your partners lunch before they go to work saying, "I believe in you". Taking the time to ring a friend and ask, "How are you doing?" Recycling instead of simply throwing away.

Doing nothing is also a choice. Doing the same thing you have always done – a choice. There is always a choice which can be made in every situation. Even in the worst of health situations you can choose what you put in your head. You can choose what you tell yourself. Even in the worst of grief you can choose to celebrate a life or mourn for the rest of your life. Even when you feel alone and desperate you can choose to reach out and ask for help or you can hide away and blame the world for your situation.

Sometimes we forget the ability to make a different choice, a healthier choice is our superpower. Later on we will discuss some tools for doing this but for now try and recognize the choices you are making on a daily basis and whether they are helping you move forward or keeping you stuck.

MOVING FORWARD

By now you should have a good sense of what you are doing or not doing which is contributing to your situation. Now is the time to shift from “I can’t” to “How can I?”

How can I create the life I deserve? How can I get unstuck? How can I move forward?

You do not have to be brave in this moment simply willing to take the next right step regardless of fear or doubt or shame or guilt or any of the anchors which have stopped you before. You will however need to give yourself permission to walk towards what you want by acknowledging you deserve a life of abundance and happiness.

If you do not believe you deserve to be happy you will not be. Right now, in this moment understand quite clearly you do not have to do anything to deserve a happy life it is your birthright.

“I deserve this” repeat it out loud until you honestly believe what you are saying.

Now we are ready to move onto the filling up of the toolbox.

KEEPING IT SIMPLE

The simpler the tool the easier it is to implement. However, do not assume because it is simple it will not be effective. You can try all the tools and if one does not work for you it is okay – does not mean there is anything wrong with you. You must however commit to at least trying them. You cannot try a few and then jump ship and self-sabotage with the line “Oh if one doesn’t work none of them will or I tried a couple they aren’t for me.”

We need a commitment from you because when you commit to the process you are saying “I am worth fighting for – my life my happiness is worth fighting for.”

We understand if things are too complicated your brain will kick into flight mode – I am out of here. Making you feel overwhelmed and stressed out is not part of the game plan.

Please take the time to look at the exercises and tools given – give it a chance because it could be the choice which creates the change you have been looking for.

Are you ready – then let’s go!

MY SPIRITUAL TOOLBOX

AFFIRMATIONS

Affirmations are positive statements that can help you to challenge and overcome self-sabotaging and negative thoughts. When you repeat them often, and believe in them, you can start to make positive changes.

As inherently positive statements, affirmations are designed to encourage an optimistic mindset. And optimism in itself is a powerful thing.

Here are some examples of affirmations you might choose to use in your daily life.

1. I choose to be happy.
2. My life is taking place right here, right now.
3. I'm gifted with and surrounded by amazing friends and family.
4. I opt to rise above negative feelings and ditch negative thoughts.
5. I am resilient, strong, and brave, and I can't be destroyed.
6. Nobody but me decides how I feel.
7. When I lie down to sleep, everything is as it should be, and I rest content.
8. I am in charge of my thoughts, and I don't judge myself.

9. I accept and love myself, thoroughly and completely.

Florence Scovel Shinn believed that until people impressed their subconscious minds with the conviction that they were successful they would continue to fail in life. She believed this could be done via affirmations.

She described the subconscious mind to be 'power without direction'. She knew that if we felt deeply, and backed that feeling up with words of sincerity, we would achieve everything we wanted to and more.

We encourage you to seek out the writing of Florence Shinn but also to make it a daily practice to write your own affirmations which are relevant to your life.

This exercise involves creating your own deck of positive affirmation cards that you may use anytime and anywhere as a way of reminding yourself of your many amazing qualities.

Materials:

1. 52 (or whatever number you wish) blank cards which may be purchased or created from paper or cardboard.
2. Colored pens, stickers, photos, magazine cut-outs or any other items you wish to use to decorate your cards.

3. Positive affirmations. You will find an endless number of affirmations online. Choose the ones that are most meaningful and motivating for you.

Once you have compiled everything you need, it is time for the fun part: Decorating! Draw or stick images that make you happy on each card along with an affirmation. Once they are complete, place them in locations that will serve as daily reminders of the importance of self-love. You may want to keep them in your purse, car, or office so that they will bring you a sense of peace and contentment everywhere you go.

MINDFULNESS

Definition - A mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.

Set aside time each day that you can formally practice mindfulness. Ideally, this daily slot should occur at the same time each day and for the same duration so that it becomes a habit.

Perform an exercise

During the time that you have set aside, perform one of the following exercises (Davis & Hayes, 2011): a body scan, deep breathing, or mindful meditation.

- *Bodyscan*: During the body scan exercise, try to focus inward on your body and the way that it feels. Your task is to develop an awareness of sensations in your body. Breathe in deeply and remain aware of your bodily sensations without trying to change them.
- *Three-minute breathing*: During this exercise, the participant is guided through three points where they become aware, focus their attention on their breathing, and extend their attention. Focusing on one's breath is meant to act as an anchor.
- *Mindful stretching*: For this exercise, start by following one of the mindful stretching videos listed below. While in the stretch, focus on your breathing, and think about how your body feels. Try to focus only on the activity of stretching and avoid other distracting thoughts.
- *Mindful breathing while focusing on your breath and your thoughts*: Sit somewhere quiet in a seated position. While seated, focus on your breathing/thoughts. Inhale deeply for three seconds and slowly exhale for three seconds. Use your breathing as your anchor; when you find your thoughts wandering, come back to your breathing and inhale deeply for three seconds, followed by a deep

exhalation for three seconds. In many exercises, the time limit for this exercise is three minutes.

- *Mindful meditation*: This is a particular type of meditation where you learn how to practice mindfulness. During this type of meditation, you will be seated for a period (ranging between 10 and 30 minutes) and will practice focusing on only your breathing. This is remarkably similar to the previous two exercises, except that your body is not moving, and the time is longer.

Check out this Ted Talk online- All it takes is ten mindful minutes | Andy Puddicombe

MEDITATION

Mindfulness is the simple act of paying attention and noticing and being present in whatever you are doing. When you are being actively mindful, you are noticing the world around you, as well as your thoughts, feelings, behaviors, movements, and affects you have on others around you. Meditation typically refers to formal, seated meditation practice.

Here are a few meditations for beginners.

Breathing deeply is also a great way to shift your focus when you are feeling anxious. The 4-7-8

breathing technique is a great technique to learn because it acts like your body's natural tranquilizer.

Dr. Andrew Weil's 4-7-8 Breathing Technique

- Begin by emptying your lungs.
- Breathe in through your nose for 4 seconds.
- Hold your breath for 7 seconds.
- Exhale firmly through your mouth, pursing the lips, for 8 seconds
- You may repeat this breathing cycle up to 4 times.

Mindfulness meditation is all about being present in the here and now and not getting distracted by thoughts about the past or stressing about the future.

According to the Mayo Clinic mindfulness is a type of meditation where you focus on being intensely aware of what you are sensing or feeling moment by moment without judging or trying to interpret.

Practicing mindfulness might include mindful breathing, guided imagery, or even something like a body scan meditation where you tune into your body.

A focus meditation fully involves focusing on an object like a flower or a candle and taking the time to examine it. You can select anything that stimulates your senses. For example, if you chose a yellow rose, you could sit and stare at the rose and imagine yourself touching it and feeling its velvety texture. You

could also pay attention to any lines or creases in the rose or immerse yourself in the color yellow.

A focus meditation is all about zeroing in on the details of something so much so that you do not see anything else.

Walking meditation is derived from Zen Buddhism and it is also known as kinhin, a practice in which practitioners walk around the room while holding their hands in shashu: holding one hand closed in a fist behind the back and the other hand closed within the fist.

During the walking meditation, steps are taken after each full breath. The beginning of kinhin is announced by the ringing of a bell twice.

There are many modern variations to walking meditation and walking meditations can be extremely rewarding and relaxing. The idea behind a walking meditation is to walk in silence as you observe everything that is going on all around you.

Progressive Muscle Relaxation is a very classic type of meditation, which basically involves the tightening and loosening of various muscles up and down the body.

You could do a progressive muscle relaxation by squeezing and releasing the large muscles of the body, either starting at the top of the head or the bottoms of the feet.

Mantra meditations involve the repetition of a word or phrase, known as a mantra, to gain focus or clarity. You can even use a simple word like peace or love. The mantra can be chanted aloud or repeated silently. Many cultures utilize mantras, but the Buddhist faith may be the most well-known. Chanting is an age-old practice that has been used for millennia.

Guided meditations involve the usage of imagery and visualizations and they can be immensely helpful for those who find typical meditation techniques challenging.

Guided meditations can take you places you can only imagine, and they can even be used for personal development issues and healing. Similar to hypnotherapy, guided meditations are extremely beneficial and useful.

You can practice a simple guided meditation by sitting quietly and imagining yourself walking along the beach or by listening to a free recording on YouTube.

JOURNALING

Journaling can help you:

- Manage anxiety
- Reduce stress
- Cope with depression

Journaling helps control your symptoms and improve your mood by:

- Helping you prioritize problems, fears, and concerns
- Tracking any symptoms day-to-day so that you can recognize triggers and learn ways to better control them
- Providing an opportunity for positive self-talk and identifying negative thoughts and behaviors

“Writing in a journal each day, with a structured, strategic process allows you to direct your focus to what you did accomplish, what you’re grateful for, and what you’re committed to doing better tomorrow. Thus, you more deeply enjoy your journey each day, feel good about any forward progress you made, and use a heightened level of clarity to accelerate your results,” says **Hal Elrod**, author of “*The Miracle Morning*”.

There are many things in our lives, both large and small, that we might be grateful about. Think back over the past week and write down on the lines

below up to five things in your life that you are grateful or thankful for.

Lauren Jessen of the Huffington Post blog has these suggestions:

1. Plan to write in your gratitude journal every night for 15 minutes before bed. Set an alarm reminder on your phone or schedule it in your calendar. I have found that it is easier to write at night so that I can include things that I am grateful for from that day.
2. Keep your gratitude journal by your nightstand so you will see it before going to sleep and remember to jot down what you are thankful for. Your journal may even become a symbol of gratitude so that when you just look at it, you will feel a sense of appreciation.
3. Write as many things as you want in your gratitude journal. Writing down 5-10 things that you are grateful for each day is a good number to aim for.
4. Your gratitude journal does not have to be deep. What you are thankful for can be as simple as “family” or “the new book or movie I recently enjoyed” or “this morning’s breakfast.” What you are grateful for will differ from everyone else
5. The timing of when you want to write is up to you. While I try to write in my gratitude journal every night, sometimes it becomes every other

night. That is okay. Journal when it feels right for you—the benefits really are worth it.

Doodling and Coloring

Although not typically considered a form of journaling, because you are not writing anything, doodling and **mindfulness coloring** are useful techniques that can easily be done in a journal. You could consider two different methods:

1. Doodling

Take a fine black pen and start either in the middle of the page and work your way out or start in one corner and move to the opposite diagonal corner. While doodling, you can reflect on the same gratitude instruction used above, or you can focus on the doodles and making the lines connect. There is no wrong option here.

2. Coloring

There are different things that you can color-in: Either you can print out an image, stick in your journal, and color that in, or color-in your Doodle. Good images to color-in are those that are very detailed with many empty (i.e., colorless) compartments.

Mandalas are an excellent example of intricate images to color-in. If you feel very adventurous, you could try to draw your own mandala to color-in.

8 Self-Love Journal Prompts

Prompts are a great tool for journaling. They can provide direction, motivation, and variety, so the habit does not become a monotonous task. Remember, the purpose of a self-esteem journal is to foster positive reflection and increase self-awareness, self-acceptance, and self-compassion.

- *Honor your strengths.* Reflect on your three greatest strengths and jot down specific examples of actions, behaviors, or accomplishments that demonstrate them.
 - *Find gratitude.* List three things in your life that you are grateful for and provide details about why. How have they impacted you physically, mentally, emotionally, or spiritually?
1. *Dream about your perfect day.* But make it somewhat realistic. Describe what you would do, who you would be with, and what it would feel like.
 2. *Reflect on a recent success and what it says about your character.* Think about something you have recently accomplished or a “win” that you have had. Then write about how this success demonstrates a positive quality or characteristic that you possess.

- *Acknowledge your efforts.* Self-esteem is not just about success. It also realizes that sometimes our efforts, determination, dedication, and persistence are part of the process and great attributes to develop. Think of a recent challenge you were faced with and how you persisted despite the outcome.
- *Reflect on people in your life that truly matter.* Think about the relationship you have with them and why it is meaningful. Write about how they have impacted you as well as how you have affected them.
- *Write about qualities that make you unique.* This is often harder than focusing on our strengths. But reflect on this and provide examples.
- *Write about your ideal future and achieving goals.* Include attributes, skills, and resources you have that will help make this possible.

Daily journaling

Can take other formats besides prompts and reflections of gratitude. For example, you could set aside some time at the beginning of the day before

work as well as at the end of the day after work to journal.

Here are some prompts for the beginning of the day:

- What am I looking forward to today?
- What might challenge me today?
- How will I do if I feel anxious/stressed/worried today?

Here are some prompts that can be used for the end of the day:

- What positive things happened today?
- What, if anything, went wrong today?
- What will you do differently tomorrow?
- What are you grateful for today?

These same prompts could also be used for monthly journal outlines. For example, at the start of the month, you could choose a theme and specify three prompts that you will use that month to guide you.

Journaling is a very personal thing, and as you can see it can take many different forms which you can adapt to suit the type of person you are! You can find printable pages for your journal on the internet.

Books we recommend:

Words of Gratitude for Mind, Body, and Soul by Robert Emmons and Joanna Hill

A Simple Act of Gratitude: How Learning to Say
Thank You Changed My Life by John Kralik

The Gratitude Diaries: How a Year Looking on
the Bright Side Can Transform Your Life by Janice
Kaplan

Becoming: A Guided Journal for Discovering
Your Voice by Michelle Obama

TAKING CARE OF YOURSELF

The **Mayo Clinic** describes burnout as physical and mental exhaustion, often associated with a loss of identity and the sense that we are not accomplishing anything. So, how do you stop? How do you take care of yourself?

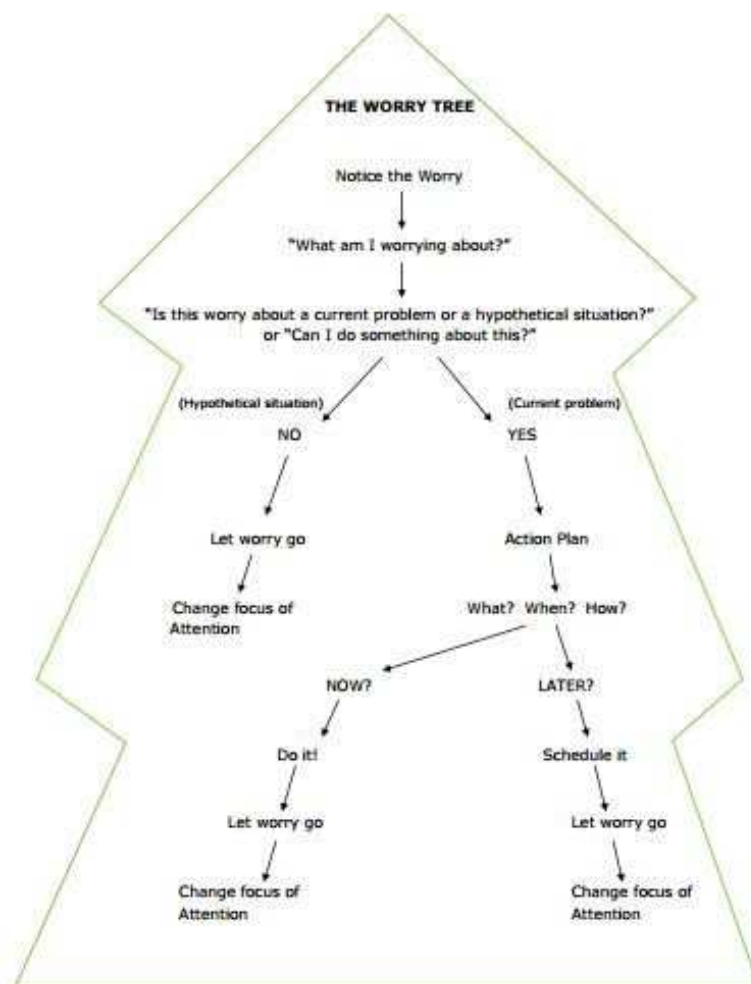
The self-care vision board exercise is a positive and practical way for you to set your intentions.

It consists of four steps:

- Brainstorm self-care activities
- Collect positive images for the vision board
- Collect positive words and phrases for the vision board
- Build the vision board

EMOTIONAL HEALTH EXERCISES

The Worry Tree



Instructions

The Worry Decision Tree can be used to help you to conceptualize and manage your worries by following the steps of the flow diagram:

The initial step is to notice that worry is occurring.

The next step is to identify whether this is a real event worry about which something can be done, or whether the worry concerns a hypothetical future event about which it is not possible to act.

If action is possible it must be determined whether this can happen immediately (in which case it is to be actioned immediately), or whether it can happen at some time in the future in which case specific plans are made before the worry is set aside and attention focused elsewhere.

If the worry is hypothetical and action is not possible, then the worry is to be set aside and attention focused elsewhere.

Nature Play

Senses, often underused, such as sound, can heighten a sense of awareness and promote mindfulness. This can be especially true in an unfamiliar environment, including walking through the countryside with family. Step

Sounds

- Pause and listen
- What can you hear that is nearby?
- What can you hear that is far away?
- What is the loudest sound?
- What is the quietest sound?
- Can you walk without making a noise?

Five Senses Exercise

A simple, versatile way to evoke a mindful state wherever you are. The goal of this exercise is to practice being aware in the present moment throughout the day whenever formal mindfulness practice such as meditation or a body scan might not be practical. It is simply a guide to help you or your client become attuned to the five senses.

Notice five things that you can see. Cast your eyes around and bring your attention to five things you might not normally notice. Choose something you

would not ordinarily pay attention to, like a shadow or a small crack in the concrete.

Notice one thing that you can taste. Focus on one thing you can taste right now, in this moment. You can take a sip of coffee, savor some chocolate, eat something, notice the current taste in your mouth, or even open it to search the air for a taste.

Bring your awareness to four things you are currently feeling, like the texture of your pants, the feeling of the breeze on your skin, or the smooth surface of a table you are resting your hands on.

Notice two things that you can smell. Tune your senses into smells you might usually gloss over, whether they are pleasant or unpleasant. Perhaps the breeze is carrying the scent of pine trees if you are outside, or the smell of cafe from the sidewalk.

Notice three things that you can hear. Try to tune in to the sounds of your surroundings. What can you hear in the background? This might be a bird singing, the low hum of the refrigerator etc.

8 Tips and Techniques for Practicing Self-Compassion

There are lots of specific exercises available online that will help you **practice self-compassion** in a way that suits you. We will cover some of these in more depth on in our Resources section, but most have the same general approach.

Treat Yourself as You would Treat a Friend

Let yourself make mistakes. Self-kindness and common humanity tap into two separate but related ideas: “We’re human. But a) so is everybody else, and b) that’s okay.” Rather than interpreting our thoughts, feelings, and behaviors as who we are, we can let ourselves off the hook when we might do the same for others. If a friend gets lazy and does not answer your phone call, you probably will not instantly assume they are a bad person. Giving yourself permission to be human once in a while is one way to accept your flaws and remind yourself that you’re not alone in being imperfect (Abrams, 2017).

Care for yourself as you would treat others. Closely related to the previous tip, this is about being

understanding and empathetic towards yourself. If a friend is feeling down, hurt, or upset, you might physically pat them on the back or hold their hand. Along with tender, forgiving language.

Becoming More Self-Aware

Compared to 'beating ourselves up for beating ourselves up', becoming aware of our internal narratives is a positive starting point for changing our self-talk.

Use 'Releasing Statements'. When you catch yourself thinking a negative thought like "I'm such a horrible person for getting upset", try turning it around and 'releasing' yourself from the feeling. Instead, try "It's okay that I felt upset".

Try self-acceptance. This means embracing your own perceived shortcomings as well as your character strengths.

Practice mindfulness. Not only is mindfulness one of self-compassion's core constructs, but a lot of exercises such as yoga and deep breathing can be used anytime, anywhere.

Try not to judge yourself too quickly. This is once again about treating yourself as you would others, and just a future-focused way to give yourself the benefit of the doubt.

Self-Care Activities for your Physical Self

Your physical health is vital to your overall wellbeing.

Things you can do to nurture yourself:

Eat healthily

Exercise regularly

Be sexual (safely)

Put good sleeping habits in place

Take vacations

Take time off and ensure downtime

Schedule regular massages

Seek out a qualified acupuncturist

Take relaxing baths

Kiss (your partner, family, your dog)

Ask for nurture

Take daily walks (if possible in nature)

Turn off, or put on silent, your cell phone

Self-Care Activities for your Psychological Self

Psychological wellbeing is crucial, not only to your state of mind but also to your physical health.

Things you can do to nurture yourself:

Perform self-reflection and self-awareness

Journaling

Sensory engagement

Schedule aromatherapy

Do something creative, draw, paint, quilt, cook, etc.

Go to the ballet, a symphony or a concert

Relax in your garden, park, or at the beach

Garden

Read a self-help book

Think about your positive qualities and your strengths

Practice (and visualize) asking for and receiving help

Practice mindfulness

Self-Care Activities for your Emotional Self

Emotional wellness can be described as being aware, understanding, and being comfortable with your feelings, and being able to express emotions constructively.

Things you can do to nurture yourself:

Perform affirmations

Cry

Laugh

Say “*I love you*” (show positive emotions more often, and mean them)

Watch a funny or a heartening movie

Find a hobby

Buy yourself a present

Spend time with your pet

Practice forgiveness

Self-Care Activities for your Spiritual Self

Spiritual wellness has a different meaning for each of us. Still, typically it is about having values and

beliefs that provide meaning to your life and having the opportunity and motivation to align your behavior to them.

Things you can do to nurture yourself:

Perform self-reflection

Spend time in nature

Self-cherish

Meditate or practice mindfulness

Sing and dance

Play with your children

Be inspired

Practice yoga

Bathe in the sea, a river, a lake

Watch the sunset or sunrise

Pray

Find a spiritual mentor

Volunteer for a cause close to your heart

Foster self-forgiveness

Consider putting in place:

Join a spiritual community (that aligns with your values and beliefs)

Self-Care Activities for your Personal Domain

Being engaged intellectually and at a profoundly personal level, in your actions, environment, and social group, is likely to promote growth and wellbeing in your personal domain.

Things you can do to nurture yourself:

Learn who you are

Explore what you want out of life

Plan short and long-term goals

Make a vision board

Foster friendships

Go on dates

Get a coffee or drink with a friend

Learn to relax

Write poetry, short stories, or a book

Spend time with loved ones

Cook

Learn to play an instrument

Self-Care Activities for your Professional Domain

Wellbeing in the professional domain is most likely when your work and studies leave you feeling fulfilled, while you continue to grow and learn, and make meaningful contributions.

Things you can do to nurture yourself:

Make time for lunch, and take regular breaks

Do not repeatedly work late

Do not work during time off

Find a good mentor

Get support from colleagues

Take mental health days

Learn to say NO

Plan your current or next career

Learn, take a class

Take all vacation and sick days

Consider putting in place:

Set boundaries. Where does work start and end?

These Self-Care examples are from an article by **Jeremy Sutton, Ph.D.**

White Cup exercise

This Exercise is about learning to fill your own cup, so it overflows with joy and happiness.

- * Purchase a white coffee mug and a black permanent marker

- * Every day think of something you can do for yourself. For example, take a long bath or go to the movies or start a class or join a group or simply walk on the beach or go for coffee with a friend or meditate

- * Every time you do something draw a line on the mug making your way up to the top.

- * You are basically watching your cup fill up and very soon it will be overflowing.

DONT STOP when you reach the top rather use the mug as a reminder to nurture your self physically emotionally and spiritually.

Books to help you

The Book of Awakening: Having the Life You Want by Being Present to the Life You Have – Mark Nepo

The 7 Habits of Highly Effective People: Powerful Lessons in Personal Change – Stephen R. Covey, Jim Collins

DECISION MAKING

I always say good choices have a little bit of God in them

Robin Roberts

WHAT TYPE OF DECISION MAKER AM I?

Which one may represent you best:

The 'you tell me what to do' cop out:

This person will ask anyone and everyone "what would you do?"

The 'oh my God I must make a decision right now' freak out:

This person usually makes all of his/her decisions based on what emotion they happen to be feeling at the time.

The 'I don't care lets just get it over with' time management nut:

This person does not have time to mull things over or wait around for answers.

The 'make it go away I don't want to deal with it' self doubting Thomas:

This person does not trust their own judgment or intuition.

Top 5 Reasons we make poor choices

- * Operating from your emotional self
- * Getting other people involved
- * Not allowing time for reflection
- * A lot of people were never taught as children how to make good life choices
- * Lack of self belief

**I act only after
observing, listening, and accepting**

GOAL SETTING

GROW Model

The GROW model (Goals, Reality, Options, and Way Forward) is a simple but highly effective method for setting goals, recognizing where you are now, and identifying what to do next (Whitmore, 2014).

Complete the four worksheets as follows:

Goal Setting

- Establish where you want to be.
- Where do you want to get to, and how will you know when you arrive?

What is Reality?

- Where are you right now with this goal?
- What are the issues and challenges?
- How far are you away from your goal?

What Options do you have?

- What are the options for overcoming the obstacles in your way?
- How do you get to where you want to be?

Way forward?

- What will you do?
- Convert the options into actions.

Are there certain commitments that you want to make?

These are commitments I would like to make to myself:

Commitment #1

Commitment #2

Commitment #3

Commitment #4

Commitment #5

You can find The Canadian Anxieties Association PDF on goal setting link below

<https://www.anxietycanada.com/sites/default/files/GoalSetting.pdf>

CONFLICT RESOLUTION

Tips for managing and resolving conflict

Listen for what is felt as well as said. When you really listen, you connect more deeply to your own needs and emotions, and to those of other people. Listening also strengthens, informs, and makes it easier for others to hear you when it is your turn to speak.

Make conflict resolution the priority rather than winning or “being right.” Maintaining and strengthening the relationship, rather than “winning” the argument, should always be your priority. Be respectful of the other person and their viewpoint.

Focus on the present. If you are holding on to grudges based on past conflicts, your ability to see the reality of the current situation will be impaired. Rather than looking to the past and assigning blame, focus on what you can do in the here-and-now to solve the problem.

Pick your battles. Conflicts can be draining, so it is important to consider whether the issue is worth your time and energy. Maybe you do not want to surrender a parking space if you have been circling for 15 minutes, but if there are dozens of empty spots, arguing over a single space is not worth it.

Be willing to forgive. Resolving conflict is impossible if you are unwilling or unable to forgive

others. Resolution lies in releasing the urge to punish, which can serve only to deplete and drain your life.

Know when to let something go. If you cannot come to an agreement, agree to disagree. It takes two people to keep an argument going. If a conflict is going nowhere, you can choose to disengage and move on.

For further tips and resources, you can go to this website

<https://www.crnhq.org/>

GRIEF

The thing to remember about grief is it is connected to loss in all forms. A loved one, a pet, a loss of a relationship or a job. Often there are losses which pile up on another without people realizing it which makes the process of walking through your grief even harder.

Everyone grieves differently and how people grieve and for how long will depend on several things.

- How close our relationship to the person was and the nature of that relationship. For example, when a Mother dies, her sister's grief will be different to her child's grief and so on for all people connected to her.
- Your coping skills and your ability to process your emotions and deal with them in a healthy way.
- Your Spiritual Belief system – How you view what happens after death.
- The circumstances surrounding the loss
- The support systems which surround you

It is important to see professional help when your grief starts to interfere with the quality of your life, or you find yourself slipping into depression.

It is important to keep on top of self-care and to be patient and kind to yourself. As it is equally important to honor your emotions and not judge yourself too harshly. Grief is messy allow it to be.

You can however do a few things to remember those passed.

Recreate a favorite memory – if you went fishing with Grandpa go out and fish and talk to him as you are doing it. If you liked baking with grandma pick her favorite recipe and cook up a storm and talk to her as you are doing it. Maybe it is a movie you use to watch or a song you use to dance to. Keep the memory alive be recreating it.

Do a shadowbox with a photo and a few things which hold a lot of memory for you. A baseball cap or a pair of glasses etc. Then maybe you will be able to let go of the other things which do not have a lot of meaning to them. Remember someone out there may need that coat you are holding onto or those dishes packed in boxes.

Be there for someone else. Volunteer or Mentor. Often the way out of the darkness is help someone else find their light and greatness.

Write them a letter explaining all the things you loved about them and what they meant to you.

Supportive friends and family members can make such a huge difference during the grieving process. Because grief can feel isolating, feeling loved

and cared for can help you stay connected to significant people in your life. Supportive friends and family members also provide a safe space to be yourself, especially during your lowest moments.

You can find my e-book on grief here

<https://psychicsoulwhispers.com/grief.pdf>

PRAYER

No matter what faith or religion you follow or what type of spirituality your practice it is all about finding ways to connect to a divine source of energy. Never under-estimate the power of prayer it has been around for centuries and used successfully by many cultures. Prayer can be structured, or it can be simply you walking in nature having a conversation to whoever you believe is up there.

May I be filled with loving kindness.

May I be well.

May I be peaceful and at ease.

May I be happy.

ancient - tibetan buddhist

O Great Spirit of the North,
Invisible Spirit of the Air,
And of the fresh, cool winds,
O vast and boundless Grandfather Sky,
Your living breath animates all life.
Yours is the power of clarity and strength,
Power to hear the inner sounds,
To sweep out the old patterns,
And to bring change and challenge,
The ecstasy of movement and the dance.
We pray that we may be aligned with you,
So that your power may flow through us,
And be expressed by us,
For the good of this planet,
And all living beings upon it.

O Great Spirit of the West,
Spirit of the Great Waters,
Of rain, rivers, lakes and springs.
O Grandmother Ocean
Deep matrix, womb of all life.
Power to dissolve boundaries,
To release holdings,
Power to taste and to feel,
To cleanse and to heal,
Great blissful darkness of peace.
We pray that we may be aligned with you,
So that your powers may flow through us,
And be expressed by us,
For the good of this planet,
And all living beings upon it.

O Great Spirit of the East,
Radiance of the rising Sun,
Spirit of new beginnings,
O Grandfather Fire, Great nuclear fire -- of the Sun.
Power of life-energy, vital spark,
Power to see far, and to
Imagine with boldness.
Power to purify our senses,
Our hearts and our minds.
We pray that we may be aligned with you,
So that your powers may flow through us,
And be expressed by us,
For the good of this planet Earth,
And all living beings upon it.

O Great Spirit of the South,
Protector of the fruitful land,
And of all green and growing things,
The noble trees and grasses,
Grandmother Earth, Soul of Nature.
Great power of the receptive,
Of nurturance and endurance,
Power to grow and bring forth Flowers of the field,
Fruits of the garden.
We pray that we may be aligned with you,
So that your powers may flow through us,
And be expressed by us,
For the good of this planet Earth,
And all living beings upon it.

four elements medicine wheel - ralph metzner

It's okay that I don't know where I am going
it's okay if I don't know where I came from
it's okay if I don't know where I am
it's okay that false thoughts linger in my mind and
that I cannot always rise above them or win a fight
it's okay that I am human
it's okay to feel fear
it's okay to feel angry
it's okay to feel tired
it's okay to feel sad
it's okay to feel despair
it's okay to lose myself
it's okay to fall
it's okay to lose my mind
it's okay to lose touch with the ground
it's okay to doubt my existence
it's okay to feel imperfect
it's okay to feel weak
it's okay to feel shame
it's okay to feel guilt
it's okay to feel stuck in pain
it's okay to feel suffering
even when I choose dark, light breathes through me,
truth holds me together
prayer speaks through my heart, I am still a child of
earth
I am a free soul
I am never standing still
My soul moves forward
I don't need to understand love
Love finds me, comes out of me, love is faith, faith is

hope, hope is light, light fills me into every atom of my
being
light is everything
I rise above all dark matter and of every event in my
human life
I am not my failures, I am not my mistakes, I am not
my feelings or my thoughts
I am not dark, I am not right or wrong
Light will not elude me
Light will not elude life
Light will not elude eternity
Light will not elude life
I am rooted and intertwined with all life, all life's
cycles, all complex matters, all divine wisdom
I am a being of light
May I slowly begin to detach myself from self-hatred
May I slowly begin to detach myself from self-
destructiveness
May I slowly begin to detach myself from false
thoughts
May I slowly begin to detach myself from defining
myself out of lies
May I slowly begin to be gentle and kind with myself
as I always have to those around me with ease
May I slowly begin to detach myself from my old
failures
May I slowly begin to detach myself from my old
beliefs
May I slowly begin to detach myself from everything
that has ever hurt me in my whole life
Light does not define me by my thoughts, by my pains

or by my failures
Light vibrates unconditionally
Love is not conditional
Light gives itself to me
Light breathes through me
Light never leaves
Light does not hold me responsible
Light does not judge me
May I slowly begin to detach myself from self-
punishment and self-hurt
May I slowly learn forgiveness
May I not define myself out of things that happen or
that happened to me
May I be open to heal
May I truly want my own healing
May I truly want truth to alter me
May I truly want truth to set me free
May I hope, May I believe, May I love, May I let my
light shine
May I be vibrant and radiant
May I see the light in me not with my eyes but with
my heart
May I feel compassion towards myself
May I have the knowledge and wisdom that life
always unfolds as it should
May I slowly begin to detach myself from self-doubt
May I slowly begin to embrace myself with forgiveness
May I learn through life's lessons
May my soul go where I am supposed to go
May I find in myself courage and strength to rise
above all false stories about myself

May I rise
May I keep breathing
May I keep living
May I meet myself
May I be amazed
May I be in love
May I be in light
May I be in freedom

may i want my own healing - sofie jansso

RESOURCES FOR YOU

If you are a visual person take advantage of websites like these:

<https://www.ted.com/talks>

Youtube of course

List of books we think you may find helpful

- Born to Win: Transactional Analysis with Gestalt Experiments by Muriel James, Dorothy Jongeward
- One Small Step Can Change Your Life: The Kaizen Way Paperback – April 22 2014 by Robert Maurer (Author)
- Who moved my cheese? by Spencer Johnson
- The power of positive thinking by Vincent Peele
- Do not sweat the small stuff by Richard Carlson
- The Game of Life and How to Play it by Florence Scovel Shinn
- In Tune with the Infinite: Ralph Waldo Trine's Motivational Classic

ABOUT THE AUTHOR



Robin Roberts is an Australian Psychic and Medium currently residing on Vancouver Island of the coast of British Columbia Canada. Over the last 30 yrs. she has sought to bring what she terms 'simple wisdom' into the lives of the people who come to her. She hopes through her writing to lead people to the corners of their souls so they may rediscover the people they were born to be. As a Psychic, she offers a unique perspective on personal transformation and the challenges facing all of us.

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